

Script: "Bread, Rice and Everything Nice"
Dina Hosam Sabry
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This audio documentary aims to talk about how people who have insufficient unhealthy meals is due to their lack of access to food, while others who have access to food and are able to clean, cook and store their food in a sufficient healthy way.

We're now going to talk about food, but not in the context you'd listen to everyday.

MUSIC: FADE IN: Bugler by Sergey Kovchik (:07 from the start of the song).

Egyptians have been paying close attention to the issue of Food insecurity in Egypt due to the political and economic instability in the country. Hunger has reached about 13 million Egyptians due to rising poverty rates according to CAPMAS. Interested in this matter, Khalid Youssry takes us into the history of subsidies and supply in Egypt at the time of president Abdel Nasser.

***KHALED YOUSRY (KY):** "the government was responsible to provide the people with their needs for food, such as flour, such as rice, sugar, tea and what else, oil all those things were subsidized by the government and they used to give it to the people for a very very low price even maybe all of these things for 1 or 2 Egyptian pounds." (00:31)*

Food subsidies have been one of the key government measures to protect households during crises while cushioning households from rising food prices. At the time of the 50's and 60's there was a system of fixed prices that sellers must not exceed. The government also used to create those small supermarkets to sell food at a lower price than that of the market. But nowadays this system changed drastically.

(KY): “ Egypt in the 70’s they changed their system from socialism to the free market, and since they start this they subsidized very very small amount of things like the bread still subsidized, rice and sugar that’s all they can offer to the people the rest is due to the free market”. (00:31)

MUSIC: FADE OUT: Bugler by Sergey Kovchik. (02:07)

This issue is driven by the purchasing power, and rising food prices is the main shock to the people now in 2017. What happens is, due to these circumstances, people cope by hindering their dietary diversity and 58 percent of the Egyptian poor are at that stage. Luckily, we have initiatives that help people get their basic needs.

MUSIC: FADE IN: Lightening Traveler. (02:30)

The Egyptian Food Bank has been able to tackle the issue of the hungry. HR Manager Nevine El Moghazi sets out the goal of the Egyptian food bank and what have they reached so far.

MUSIC: FADE OUT: Lightening Traveler (02:43)

NEVINE EL MOGHAZI (NM): ”Ok so the main goal of the food bank is to end hunger in all of Egypt by 2020. Ok we have plenty of programs some of them are seasonal and some are through the entire year.”(00:13)

The Food Bank was able to create creative and efficient programs to help the less fortunate.

(NM): “Some examples of our programs are the development and capacity building program, this program; we are one of the first banks to do that. So we bring the food from, the wasted food from hotels, good food of course, we bring it

in and we distribute it through other programs to the needy. Another program is the school feeding program and one of the seasonal programs is the Iftar Saem program, where we provide the needy and the people who are fasting in Ramadan with boxes that would cover them through the entire of Ramadan.” (00:35)

Not only does food insecurity remain in Upper Egypt but also there are significant pockets of poverty and food insecurity in urban areas.

NAT SOUND: FADE IN: (CRAZY EGYPTIAN STREETS).

Greater Cairo, meaning Cairo, Qualoubia and Giza have even larger numbers of poor people than the poorest governates in Upper Egypt.

Despite all that, the Egyptian Food Bank has achieved a great deal.

NAT SOUND: FADE OUT: (CRAZY EGYPTIAN STREETS).

(NM): “ I believe that one of the main achievements that we’ve reached is the ISO certificates, every year we get ISO certificates including the quality management certificate and the environment management certificate.” (00:10)

Some people on the other hand have the right access to healthy and abundant food. This is where we could find our selves. Housewife Suzan El Gozamy tells us how to buy, cook and store the food you have access to.

MUSIC: FADE IN: HAPPY WINNER by SVAR (04:26).

SUZAN EL GOZAMY (SG): “For the vegetables, the salad of course I clean it and put it in the fridge if I am going to cook some items. I always buy these items in the same day that I’m going to cook. For the meat I just put the portions, the portion that I am going to cook, in the plastic bags and put them in the fridge.”(00:28)

Cleaning the food also provides each family with hygienic dietary needs.

(SG): “For me the meat of course is cleaned, it came already clean from the butcher. Chicken we use flour, water and lemon. For me I want to save time, and I want to have the things delivery at home.

MUSIC FADE OUT – HAPPY WINNER by SVAR (05:21)

NAT SOUND KITCHEN UTENSILS FADE IN

So I try to have a place near home where everything is going to be in this place and of course this is the super market”. (00:29)

The fact is Suzan is not rich; she is in a middle-income family. But it is the matter that she has the ability and resources to attain necessary foods at hand to provide her family with a good meal. Other poorer areas might not get the chance to have access to food such as vegetables because how far they are from the supermarkets and markets.

(SG): “The leftovers, I never throw anything, at all, most of the time. If I think that it is not going to be delicious when I’m going to reheat it again, so in the same day I give it to the security or try to give it to the servant. But if I think that this item is going to be delicious when I’m going to reheat again, I put it in a plastic box or Pyrex to use it in the end of the week.” (00:28)

NAT SOUND FADE OUT – KITCHEN UTENSILS

MUSIC: FADE IN: BELIEVES IN YOUR SUCCESS (06:28).

The rise of the dollar translating in the price of food is already affecting more homes, but on the other hand, some people still don’t have access to their basic needs in the 21st century. “To perceive is to suffer.” that is a quote from Aristotle and I believe that too because in the holy month of Ramadan people get to feel what hunger really is, but that is

only for a month, what about the whole year? There are many initiatives that could help someone live a better life and that could be a starting point for you.

This audio documentary was produced by Dina Hossam for the audio production course at The American University in Cairo, taught by professor Kim Fox in Spring 2017.

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MUSIC: FADE OUT: BELIEVES IN YOUR SUCCESS (07:41).